



East Park Community Center

615-862-8448

Effective: April 2013

Facility Coordinator: Sherry Hipps **Aquatic Coordinator:** Jon Dodson **Program Coordinator:** Darlene Morrow

The following activities are offered as part of the aquatics program at East Park Community Center. Some activities may require a nominal fee for participation. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required. For information on any of our programs, please contact us at 862-8448

Pool Hours

| Time/Day | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------|-------------------------|-----------------|-------------------------|-----------------|-------------------------|---------------------------------------|-----|
| 6:00am - 8:00am | Lap Swim / Waterwalking | | Lap Swim / Waterwalking | | Lap Swim / Waterwalking | | |
| 9:00-9:30am | Water Warmup | | Water Warmup | | Water Warmup | | |
| 9:30-10:30am | Lo H2O Exercise | | Lo H2O Exercise | | Lo H2O Exercise | | C |
| 10:30-11:00am | Water Cooldown | | Water Cooldown | | Water Cooldown | 10:00 - 11:00 Saturday Splash * | L |
| 11:00am-1:00pm | Lap Swim / Waterwalking | | Lap Swim / Waterwalking | | Lap Swim / Waterwalking | | O |
| 1:00-2:00pm | | | | | | | S |
| 2:00-3:00pm | | | | | | | E |
| 3:00pm-4:00pm | | | | | | | D |
| 4:00pm-5:00pm | | | | | | | |
| 5:00pm-6:00pm | Lap Swim / Waterwalking | | Lap Swim / Waterwalking | | | | |
| 6:00pm-7:00pm | Lap Swim / Waterwalking | Water Workout * | Lap Swim / Waterwalking | Water Workout * | | | |

The pool is free of charge, except where a * designates a fee.

Pool capacity of 25 swimmers.

Children under age 3 must wear a swim diaper.

Children under 4 feet tall must be with an adult in the water.

Only people age 21 and older are considered adults when accompanying a child during Family Swim.

Family Swim is for families and children. Children must be accompanied by an adult.

Call 862-8448 to reserve a space for Family Swim, 24 hours before the swim hour.

Metro does not discriminate on the basis of age, race, sex, color, national origin, religion, or disability in admission to, access to, or operations of its programs, services, or activities. For accessibility inquiries, call 862-8400

Mission Statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

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